



PRESORTED
STANDARD
U.S. POSTAGE
PAID
GRAPEVINE, TX
PERMIT NO. 140

facebook.com/GrapevinePandR • www.TheREC.com

HELPFUL PHONE NUMBERS:

2-1-1
First Call for Help, United Way
Information and Referral Line

817.336.8714
Northeast Transportation
Service (NETS)

817.410.3465
Grapevine SeniorMovers

Trinity Valley Quilters' Guild of Fort Worth

The 33rd Annual Quilt Show takes place Friday and Saturday, September 18 and 19 at Amon Carter Hall in the Will Rogers Complex. Our bus departs on Friday at 9:30 am and will return by 3 pm. You do not have to be in the Vine Quilters class to attend. Food vendors are on site, but it is suggested that you brown bag your lunch for convenience. There is a charge at the door.

Young@Heart Gardeners

With winter around the corner, it's time to plant a few herbs indoors so you can have fresh herbs for your winter soups. Join us on Monday, September 28 at 10 am to decorate a pot with a kitchen or herb theme and then plant some seeds to get the herbs growing. Find out how to make them flourish. Register at The REC with your \$5 fee. Class takes place at the Botanical Gardens at Heritage Park.

A Matter of Balance

A Matter of Balance is an award winning program designed to help adults 60+ years of age reduce their fear of falling through group discussion, problem-solving strategies and increasing the physical activity levels of those who have concerns about falls. Janie will be conducting these classes October 7-30 on Wednesdays and Fridays, 9:30-11:30 am. Enrollment is limited to develop a comfortable sharing environment among the participants. Call Janie for more information and to enroll.

Social Security - A Major Financial Decision

Social Security is one of the most important financial decisions you will make! Usually, it is a once in a lifetime decision. Unfortunately, most people have a very limited idea of what that means and leave thousands, if not hundreds of thousands of dollars behind. Understanding when and from where you will receive your income is the foundation of a successful retirement. On Tuesday, September 15, come learn about strategies to maximize your SS benefits, how continuing to work will impact your SS benefits, how to coordinate SS benefits with your spouse and the current state of the SS system. This program is hosted by Educate DFW.

Pathways Presentation

Pathways is a program offered by Community Hospice of Texas to help address the challenges of living with chronic and advanced illnesses. It is not a hospice program, but is a natural extension of hospice's mission. Pathways provides education and support to the individual and their family to understand the options and issues they face as they pursue treatment. Find out more about this program on Tuesday, September 8 at 11:15 am from Loretta Widmann, LMSW.

Start Getting Ready!

Ping Pong Tournament

Stay tuned for details announcing an Active Adult Ping Pong tournament on Thursday, October 22! Start practicing today in The REC gameroom. See Carlos for questions or if you need assistance.



1175 Municipal Way
Grapevine, TX 76051
817.410.3465

THE GRAPE AFFAIR

September 2015

For the Active Adult 55 and Better

Welcome to the Active Adult 55 and Better at The REC

The days are beginning to cool down, the kids are back in school and we are looking forward to the activities that fall brings us. Check out the field trips, classes, special presentations and programs that we will be offering for those 55 years of age and better in the months to come. Remember that the Senior Pass allows you to use the walking track, fitness room and pool area not occupied with classes from 8-11 am Monday through Friday. The bulk of our Active Adult programming takes place between 8 am and 4 pm Monday through Friday.

Please remember to sign up for the next month's classes at the Active Adult desk each month beginning on the 15th of each month to insure your spot. Priority in all classes and programs is given to Grapevine residents. Lunches provided by Senior Citizen Services of Greater Tarrant County, Inc. (SCS) are served in Events Hall A Monday through Friday at noon. Reservations must be made before noon the day prior to your visit. To participate in the program, SCS paperwork must be completed.

All of The REC staff are honored to serve the Active Adults and we want to make your visit here fun and carefree! Let us know how we're doing!

Highlights for September

- 7 Labor Day
- 8 Pathways Presentation
- 11 Megan's Lunch Bunch
- 15 Social Security Presentation
- 16 AARP Driver Safety
- 17-20 GrapeFest
- 18 Quilt Show Trip
- 22 FOPS Trip
- 24 Chorus resumes
- 25 Senior Jamboree
- 28 Computer Registration
- 28 Young@Heart Gardeners

Looking Ahead to October

- 2 Empowering Seniors Expo
- 7 Matter of Balance begins
- 16 Mid-Cities Greek Festival

Computer Registration

Registration in person takes place Monday morning, September 28 from 9 am – noon at The REC. Classes begin the following week. Telephone registrations take place 1-2 pm. Priority in classes is given to Grapevine residents and is first come, first served. A complete schedule is available at the Active Adult desk or on the city website grapevinetexas.gov.

Fraternal Order of Plaid Shirts

On Tuesday, September 22, the men will be checking out the city parks in Grapevine. We will examine the facilities at some and evaluate accessibility, parking and equipment relative to the active adult perspective at others. After all the park fun, lunch will be at Wise Guys Pizzeria. The bus leaves at 9:30 am and returns by 2 pm.

Go Go Girls from Grapevine

Come join us, ready to leave at 9:30 am, on Thursday, September 24 as we visit the Museum of Biblical Art. A guided tour will be provided. The museum hosts a rich variety of styles of Biblically themed art and artifacts from Ancient to Renaissance to Contemporary. Afterward, we'll venture across the street to the North Park Center for some window shopping. There are a variety of places you can choose for lunch inside the Center. We'll meet back at the bus at 1:30 pm and be back at The REC around 2pm. Sign up at the Active Adult desk with your payment of \$11. Lunch is on your own.

Irish Splendor – March 10-17, 2016

This memorable Collette Vacations trip begins with an overnight flight to the Emerald Isle. Two days are spent in Dublin before continuing on to Killarney with stops along the way in the town of Cashel, at the historic Blarney Castle and at the famous Blarney Woollen Mills, the world's largest Irish gift store. Travel along Ireland's most majestic coastal route, the stunning Dingle Peninsula. You will overnight in Dromoland Castle, regarded as one of Ireland's finest hotels and enjoy a formal dinner there. Another highlight is Dew Heritage Centre to learn how Irish whiskey is made. Rates which include round trip airfare, air taxes and fees/surcharges, plus roundtrip airport-to-hotel transfers are: Single \$3,499; Double \$3,099; Triple \$3,069. Book by September 10 and receive a \$200 discount. Brochures are available at The REC.

State Fair Trips

This year we will continue to offer transportation to the State Fair on Thursdays, October 1, 8 and 15. Free entry to seniors 60 years+ is offered on Thursdays. Signups for the trips begin Monday, September 21. Due to the popularity of these trips, priority is given to Grapevine residents. A charge of \$3 per person is due when you sign up.

Tarrant County Senior Jamboree

Join other active adults from Northeast Tarrant County at the annual Tarrant County Senior Jamboree. This year the event will be held at Camp Carter on Friday, September 25. The bus leaves at 9:30 am and returns by 2:30 pm. Activities include a zip line, a hayride and a variety of games and activities plus a hot dog lunch! There will be lots of goodies and information given out by a number of vendors that cater to seniors. Sign up for this free event at the Active Adult desk.

Megan's Lunch Bunch

Join us for lunch at Olive Garden on Friday, September 11. Sign up with Megan and pre-order your meal. There is a selection to choose from with varying costs which will be paid at the time you place your order. The regular SCS lunch has been canceled this day. Bus leaves at 11:15 am. You are welcome to brown bag and eat at The REC if you desire.

PLAY OFTEN - PLAY GRAPEVINE

September 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Please remember, you must pay for all trips at the time of reservation. No spots will be held without payment.</p> <p>SCS Lunches served each Monday-Friday at 12 Noon</p>		1 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 12:30 Art with Hanz 1:00 Bingo	2 8:00 Water Aerobics 9:45 Chair Exercise 9:15 Tai Chi 9:45 Grapevine Shopping 10:00 Vine Quilters Class 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot
6	7 LABOR DAY	8 8:00 Water Aerobics 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 11:15 Pathways* 12:30 Art with Hanz 1:00 Bingo	9 8:00 Water Aerobics 9:15 Tai Chi 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot
13	14 8:00 Water Aerobics 9:30 Music Jam 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	15 8:00 Water Aerobics 9:00 Blood Pressure Check 9:45 Chair Exercise 10:00 Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 11:00 Social Security* 12:30 Art with Hanz 1:00 Bingo	16 8:00 Water Aerobics 9:15 Tai Chi 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1-5:00 AARP Driver Safety 1:30 Hand & Foot
20 GrapeFest	21 8:00 Water Aerobics 9:30 Music Jam 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	22 8:00 Water Aerobics 9:30 FOPS Trip* 9:45 Chair Exercise 10:00 NO Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 12:30 Art with Hanz 1:00 Bingo	23 8:00 Water Aerobics 9:15 Tai Chi 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot
27	28 8:00 Water Aerobics 9:30 Music Jam 10:00 Young@Heart* 11:00 55 Fit 1:00 Strength Training 1:00 Mah Jongg	29 8:00 Water Aerobics 9:45 Chair Exercise 10:00 NO Oil Painting 10:00 Bridge 10:30 Blood Pressure Check 10:45 Sizzling Seniors 12:30 Art with Hanz 1:00 Bingo	30 8:00 Water Aerobics 9:15 Tai Chi 9:45 Chair Exercise 9:45 Grapevine Shopping 10:00 Vine Quilters Class 11:00 55 Fit 12:00 Sizzling Seniors 12:45 Grocery Shopping 1:00 Strength Training 1:30 Hand & Foot

September 2015

THURSDAY	FRIDAY	SATURDAY	NOTES
3 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping / Walking 10:00 Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzling Seniors 1:00 Yoga Lite	4 9:15 Tai Chi 9:30 Bank & Post Office 945 NO Chair Exercise 10:00 Ceramics 11:00 55 Fit 12:00 Sizzling Seniors 1:00 Card Making 1:00 Wii 1:00 Basic Line Dancing	5	<p>Blood Pressure Checks courtesy of Kindred at Grapevine</p> <p>Birthday Cake donated by Woodridge Health & Rehabilitation</p>
10 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 Sizzling Seniors 1:00 Yoga Lite	11 9:15 Tai Chi 9:45 NO Chair Exercise 10:00 Ceramics 11:00 55 Fit 11:00 Megan's Lunch Bunch 12:00 Sizzling Seniors 1:00 Card Making 1:00 Basic Line Dancing	12	<p>* Pathways Program presented by Community Hospice of Texas</p>
17 GrapeFest 8:00 Water Aerobics 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 NO Chorus 10:30 Cycling with Megan 10:45 NO Sizzling Seniors 1:00 Yoga Lite	18 GrapeFest 9:15 Tai Chi 9:45 Chair Exercise 10:00 Ceramics 11:00 55 Fit 12:00 Sizzling Seniors 1:00 Card Making 1:00 Wii 1:00 Basic Line Dancing	19 GrapeFest	<p>* Social Security "What You Need to Know" Educate DFW</p>
24 8:00 Water Aerobics 9:30 Go Go Girls Trip** 9:45 Chair Exercise 9:45 Mall Shopping/Walking 10:00 Jewelry Making 10:00 Chorus Resumes 10:30 Cycling with Megan 10:45 Sizzling Seniors 1:00 Yoga Lite	25 Senior Jamboree 9:15 Tai Chi 9:45 Chair Exercise 10:00 Ceramics 11:00 55 Fit 12:00 Sizzling Seniors 1:00 NO Card Making 1:00 Basic Line Dancing	26	<p>* Fraternal Order of Plaid Shirts Trip City Parks Tour Lunch at Wise Guys Pizza</p> <p>** Go Go Girls Trip Museum of Biblical Art and visiting North Park Center</p>
	<p>The REC Senior Pass offers you access to the Indoor Track, Fitness Room and Pool areas not scheduled with classes between 8am and 11am Monday - Friday!</p>		<p>* Young@Heart Gardeners Planting Herbs Cost: \$5</p>